

Free Alcohol Screening



Quick & Personal
Screening
1-800-639-6095
alcoholscreening.org

***A little information
can go a long way***

A free service from the
VT Department of Health
<http://healthvermont.gov>

Safe Drinking Guidelines

Drink slowly, and with food and
non-alcoholic beverages.

Don't drink and drive or combine
alcohol with medication.

People with a family history of
alcoholism or prior alcohol abuse
are at increased risk for alcoholism.

People who are under 21, pregnant
women or women trying to become
pregnant should not drink at all.

Moderate drinking (1 per day for
women and 2 for men) does not
usually cause health problems.